A METRO SPECIAL INVESTIGATION

Alouette jail's last baby

Jordynn's mother was a killer — that made the province nervous enough to shut down a program that worked **PART 2**

Ottawa metro

ROSEMARY WESTWOOD
NANNYGATE NONSENSE
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Your essential daily news | WEDNESDAY, DECEMBER 2, 2015 High 7°C/Low -1°C Rain

Fee to pee

TRANSIT

City considers coin-operated LRT restrooms

Lucy Scholey
Metro | Ottawa

Transit riders may need to carry extra coins if they want to use a light-rail loo.

On Tuesday, the city's finance and economic development committee asked staff to consider a user pay washroom option when designing the light rail transit stations. That means users of the LRT system could pay to pee after the system launches in 2018.

Ottawa Mayor Jim Watson estimates it will cost about $2 million to build the LRT washroom facilities, which groups like Gotta Go! have been advocating for. A user pay option would keep the burden off taxpayers, he said.

"This is something that's done around the world," he said. "We're not pioneers on this front and I think it's reasonable given the requirement that we are not, as a city, required to provide washroom facilities except at the terminus points of the system."

Those terminus points of the system are Tunney's Pasture and Blair for the phase one Confederation Line. Washrooms will be built at Baseline, Bayshore and Place d'Orleans in phase two, plus other stations for future LRT extensions.

Watson said there's also a $13,000 monthly fee to maintain and clean the washrooms, plus handle any vandalism common at transit bathrooms.

> **"This is something that's done around the world.**
> Mayor Jim Watson

Toronto opened its first coin-operated washroom door in 2010. At the time, outreach programs planned to hand out tokens to homeless people to use the bathroom.

More coverage metroNEWS

'LIKE THE FIRST DAY OF SCHOOL'

New MPs get acquainted with fresh digs
metroNEWS

Fisheries and Oceans Minister Hunter Tootoo looks for a seat in the House of Commons. SEAN KILPATRICK/THE CANADIAN PRESS

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$45 billion

Mark Zuckerberg welcomes baby daughter to the world with $45 billion to fight planet's ills.

Taxi company, police get ready for union protest

LABOUR DISPUTE

Security to be 'beefed up' for demonstration, says operator

Joe Lofaro
Metro | Ottawa

The head office of Ottawa's largest taxi dispatcher plans to beef up security on Wednesday for a planned demonstration by airport taxi union Unifor after a similar "Day of Action" last month turned violent, resulting in injuries and damaged property.

Dozens of people participating in a Unifor-led protest shoved their way into the Coventry Connections office on Nov. 13, where they ripped out telephones and computers, covered up security cameras and broke a door, according to Marc-André Way, Coventry's vice-president and chief operating officer.

Ottawa police are still investigating the incident. No charges have been laid.

This time, Coventry Connections isn't taking any chances.

Since the violent protest, it has installed a metal fence around the building on Coventry Road in Overbrook and hired private security guards for the foreseeable future.

Those guards "will be beefed up" on Wednesday, said the company's CEO, Hanif Patni.

Ottawa police said they are aware of the day of action scheduled for Wednesday afternoon and will carry out a "measured" response as needed, as they do with all demonstrations.

"As always OPS will work cooperatively with labour unions, employers and the community to minimize disruption to the public and to preserve the peace. Any matters that appear to be criminal in nature will be ... investigated to determine if charges are warranted," the police wrote in an email to Metro.

> **Any matters that appear to be criminal will be investigated.**
> Ottawa police email

Patni said he is "surprised" Unifor is organizing another rally since he received an email from the union's Eastern Ontario Director, Harry Ghadban, pledging there wouldn't be any more.

"Unifor has committed publicly to cease all demonstrations while the parties are actively engaged (in) negotiations," wrote Ghadban in the Nov. 20 email to Coventry Connections' lawyer, Sébastien Huard.

The labour dispute started in mid-August when Coventry Connections and the airport authority imposed a higher airport pickup fee for drivers, from $1.50 to about $5. The rally renews calls for the federal and municipal government to get involved.

"I'm rather confused by a day of action because there was ongoing dialogue and ongoing good faith negotiations that were going on," said Patni.

"From our side I can tell you we've been communicating and having very fruitful communications with the union."

WITH FILES FROM METROLAND MEDIA

Roland Kiehne, Unifor director of member mobilization, chants into a megaphone in front of taxi drivers and union members on Nov. 13. They were calling for a fair deal after the airport fleet says it was locked out for refusing to pay a passenger fare hike. ERIN MCCRACKEN/METROLAND

EDUCATION

Board issues apology

Haley Ritchie
Metro | Ottawa

The Ottawa Catholic School Board has issued an apology to a Grade 8 student who said she felt bullied in her social studies class after a teacher made anti-American comments during a discussion on the Paris bombings.

St. Francis Xavier student Addison Yale, 13, came home last Nov. 17 and told her parents a teacher said Americans are terrorists because of their use of the atomic bomb in the Second World War. Addison is a dual Canadian-U.S. citizen and challenged the comments.

"She hadn't learned much about (the second) World War ... and felt it was wrong," said her mother, Trista Yale.

She said the family discussed the issue over two days, explaining some details around the bombing of Hiroshima.

The Yales connected with a vice-principal at the school, who said the investigation had concluded and the teaching was "contextual."

A statement released and signed by director of education Denise André said the board strives to make classrooms "safe, caring and inclusive."

"One of our students has indicated that this was not her experience, and for that I am truly sorry," it read. "We will continue to work to prevent such a situation occurring in the future."

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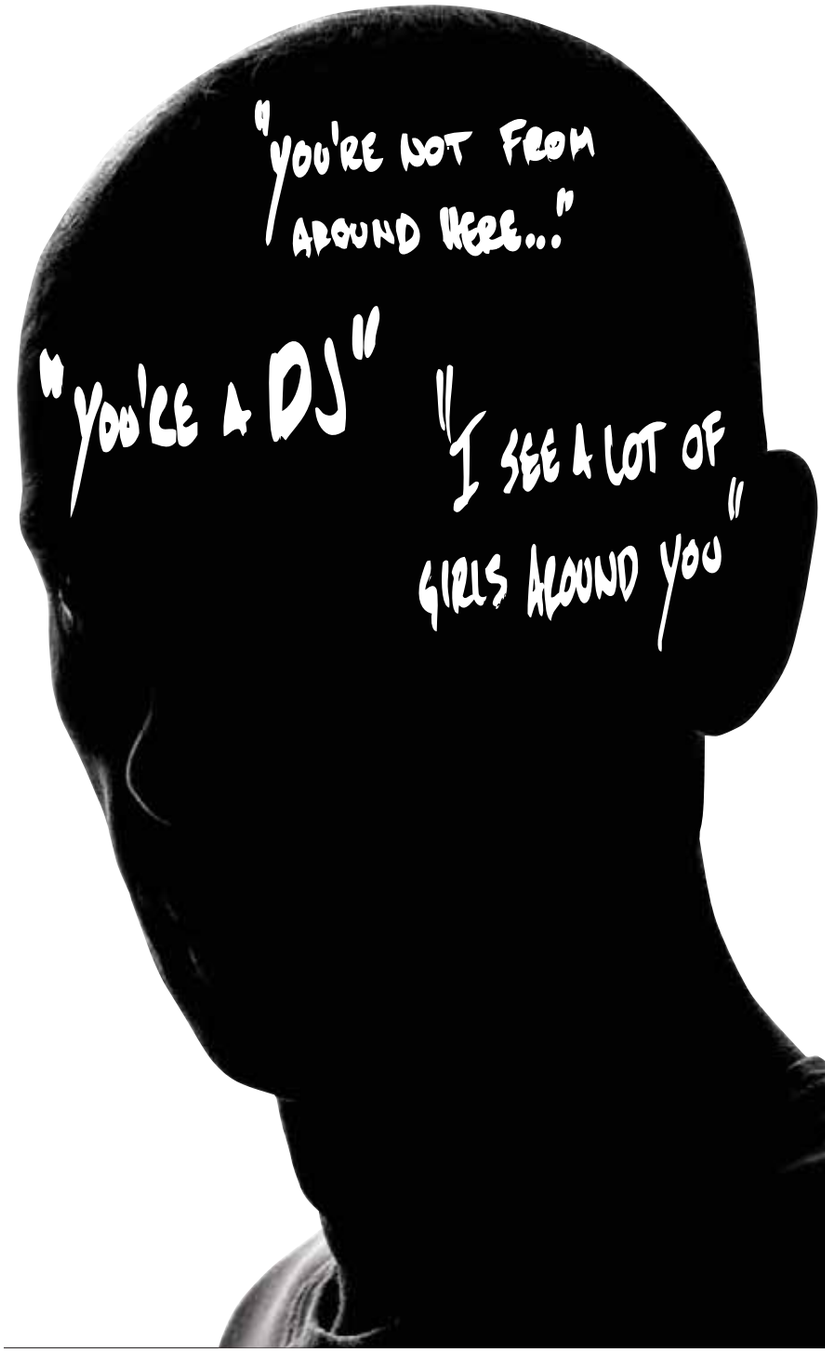

Inside Trevor's head

ENTERTAINMENT

He says he's no psychic, but Jaymes White blew my mind

Trevor Greenway
For Metro | Ottawa

Jaymes White is no psychic, but spend five minutes with him and he'll read you like a simple children's novel.

I did, and shortly after arranging an interview, I sat down with him and it took him less than two minutes to reveal I am from Calgary, have two daughters and have a sister named Kristin. He also nailed down the date of my first-born's birth, identified my favourite hockey player growing up as Theo Fleury and shocked me when he looked at me and said, "You're a DJ."

He blew my mind.

"I'm not a medium, I don't have special powers, I do stuff everyone can do," says White, letting out a small sinister snicker.

"It's about cold reading, which is a technique that a lot of psychics use to appear as though they are reading people, like they will say, 'I'm talking to your dead grandmother.' I don't believe in any of that. I believe that science and techniques like that can give a lot away. Just how you dress, how your demeanor is, how you talk."

After seeing that I was wearing winter boots, White goes to work. He begins to fidget, his darting hands zipping back and forth from the table, to his head and back again. He starts thinking out loud, "OK, you're not from around here, you're from out west, Alberta — Edmonton or Calgary. It's Calgary, right?"

Bang on.

Let's play some more.

"Did you ever play an instrument when you were younger?" asks White.

Before even being able to answer, he says, "You're a DJ."

Right again.

Through a few simple questions, White finds out that I have two daughters and while he can't quite nail it down, he says, "I see a lot of girls around you."

Yes, Jaymes, I have seven sisters. And yes, you are right, one is named Kristin.

It's this type of mind-bending experience that will be on display at White's Art of Mindreading show at The Avalon Studios Dec. 11-13.

The show completely sold out in June and audiences have been raving about what they have experienced since. He has made complete strangers read each other's minds and even made one poor lady forget her own name. Impressive.

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The Ottawa Farmer's Market opened at Lansdowne earlier this year. METRO FILE

$23M approved for roof repairs

LANSDOWNE PARK

A long, drawn out arbitration process 'would not look good'

Haley Ritchie
Metro | Ottawa

A $23.6-million settlement for Lansdowne Park roof repairs is "very fair," despite the fact that the Ottawa Sports and Entertainment Group will be footing the bill, according to a private partner.

The finance and economic development committee approved the deal on Tuesday. If council follows suit on Dec. 9, OSEG will pay for the corroded steel repairs.

But the city is acting as guarantor on the loan, which gives the private sports company a lower interest rate.

Roger Greenberg, executive chairman of Minto, an OSEG partner, said this is the best option for Ottawa and OSEG.

"The arbitration would be a very long, drawn, dragged out affair that would not look good in public for both of us," he said.

There had been reports the TD Place arena was leaking. What caught them by surprise, said Greenberg, was that a black waterproof spray on the roof of the old Civic Centre (what's now known as TD Place), was actually acting like a sponge and soaking up water, causing "very serious deterioration" in the steel roof.

"If left alone — I don't want to be dramatic — but (we) could have had another Elliot Lake situation on our hands, which would have been catastrophic for the city," said Greenberg.

OSEG's initial position was this type of work was not within its scope, which is where it butted heads with the city.

Mayor Jim Watson called the timing of the roof repair a "small blessing."

"We know that if we did not have an agreement with OSEG, we would eventually have to fix that roof ourselves," he said.

> **We could have had another Elliot Lake situation on our hands.**
> Roger Greenberg

Old disagreements about Lansdowne Park seemed to resurface among councillors at the finance committee meeting on Tuesday, with Coun. Diane Deans noting the finances aren't looking so great.

In its first year, OSEG has posted a $10.9-million operating loss. The company has already invested $110 million in Lansdowne Park.

Looking at the attendance for Redblacks games, Coun. Jan Harder called the Bank Street site a "phenomenal success."

BIKING

Snow biking coming to Gatineau Park

"We started seeing the bikes around over the past few winters," said Louis-René Sénéchal, a senior coordinator in the park.

"We realized there was a desire to find a spot in the park to use these bikes."

The NCC worked closely with the mountain bike group to develop a program.

Starting this year, specialty winter mountain bikes equipped with big tires, at least 9.4 centimetres wide, will be permitted on four snowshoe trails.

"It's very exciting," said Sandra Beaubien, president of the local mountain bike association.

"The trails provide a lot more elevation and interesting terrain for us to ride in the winter time."

Sénéchal said this year will be a test period to see how the mountain biking meshes with other snow sports in the park. METRO

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AIDS COMMITTEE CELEBRATES 30 YEARS To mark World AIDS Day, volunteers from the AIDS Committee of Ottawa knitted 225 red scarves to promote education and awareness about city resources. Most scarves were handed out at a morning flag raising ceremony at City Hall, while some were placed on statues downtown. The committee is celebrating 30 years of service this year. HALEY RITCHIE/METRO

Minister of Immigration, Diversity and Inclusiveness of Quebec **Kathleen Weil** speaks during the Forum.
JUSTIN TANG/THE CANADIAN PRESS

SYRIANS WELCOMED

Refugee intake is a 'defining moment'

The Syrian refugee crisis is a "defining moment for Canada," Gov. Gen. David Johnston said Tuesday, and our success in welcoming refugees is "about living up to who we are as Canadians."

Johnston made the remarks at a forum on welcoming Syrian refugees he hosted at Rideau Hall Tuesday morning.

Federal and provincial ministers, mayors, civil society groups, settlement organizations and other leaders gathered to discuss Canada's planned resettlement of 25,000 Syrian refugees.

In his opening remarks, the Governor General framed the crisis as a challenge, but also an opportunity "to re-imagine how we take care of the most marginalized and vulnerable among us."

"This is a moment to re-affirm our fundamental values as Canadians — to test the depth of our commitment to diversity, inclusiveness and tolerance," he said.

Johnston harkened back to Canada's acceptance of 60,000 Vietnamese boat people in 1979 and 1980. The theme of "interdependence" is at the core of what it means to be Canadian, he said.

"Perhaps that is why we have answered the call for help so often and so readily … and why history has judged us so harshly when we have failed to heed that call."

He also quoted former governor general Vincent Massey, who said that nations achieve character in crises.

"Canada's diverse, tolerant, multicultural society is one of our great strengths and perhaps our greatest contribution to the world," he said. "That's why it's so important that we succeed in welcoming refugees. That, and simply because it's the right thing to do."

MICHAEL WOODS/METRO

LAW ENFORCEMENT

Police overtime bill for taxi dispute hits $137K

The ongoing airport taxi dispute has led to $137,000 in Ottawa police overtime costs, according to statistics from the police service.

Officers have been called to demonstrations led by locked-out Airport Taxi YOW drivers and their supporters ever since the labour dispute started in mid-August.

Drivers have rallied at the airport, the Airport Parkway, and recently, the head office of Coventry Connections. Police are expected to monitor another demonstration Wednesday at the Coventry Road office.

Police released the overtime costs related to the dispute to Metro on Tuesday, emphasizing it only captures costs submitted to date. The figure represents 8.5 per cent of total overtime costs this year.

The Ottawa Police Services Board received a report Monday night which indicated a projected total of $1.6 million in overtime costs so far in 2015.

JOE LOFARO/METRO

Backlash causes concern

REFUGEE CRISIS

Keeping public onside will be key to success, says minister

Michael Woods
Metro | Ottawa

Canada's immigration minister says he is wary of a possible "backlash" against Syrian refugees by Canadians if the newcomers are seen to be given privileged treatment.

"Canadians are struggling for jobs themselves. Canadians have been waiting, in some cases, years for social housing," John McCallum, the Minister of Immigration, Refugees and Citizenship, said Tuesday. "There's a possibility of a backlash against refugees if Canadians see them as being pampered."

McCallum was addressing a forum on welcoming Syrian refugees at Rideau Hall, hosted by Gov. Gen. David Johnston.

The government plans to bring in 25,000 Syrian refugees over the next three months, an ambitious logistical exercise.

But McCallum said Tuesday his single biggest challenge is communicating effectively with Canadians and keeping them onside with the project.

"We don't want Canadians to think we're giving refugees everything and not accommodating the needs of our own people," he said. "My biggest challenge as minister of immigration and refugees is to communicate these things effectively with Canadians."

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Rookie MPs learn ropes

PARLIAMENT

Debate rules, procedures and where the bathroom is

Emma Jackson
Metro | Ottawa

School's in for 199 rookie MPs who spent Tuesday finding their desks and learning the rules ahead of a new parliamentary session that begins Thursday.

"It was exactly like the first day of school," said Kanata-Carleton member of Parliament Karen McCrimmon. "You don't know what's expected of you, you're not sure where your locker is. There's a lot to learn."

Like third-graders helping their kindergarten siblings, veteran MPs and staffers gave the newcomers a tour of the House of Commons, the Senate and the rest of Centre Block Tuesday during an orientation in which topics ranged from finding the closest washroom to quirky historical trivia.

Newly elected members of Parliament take part in an orientation session on Parliament Hill in Ottawa on Tuesday. FRED CHARTRAND/THE CANADIAN PRESS

The new MPs also sat through detailed seminars on how Parliamentary business actually works.

For the rookies who endured gruelling campaigns this fall to get to there, an "aura of excitement" took over as they all arrived on Parliament Hill, McCrimmon said.

"It's kind of awe-inspiring when you walk up towards Centre Block and look up at the Peace Tower. You think, 'Holy cow.' I felt a huge sense of responsibility and wonder," she said.

While the day was overwhelming, it was also exceedingly practical, she said.

For instance, experienced MPs offered "poignant" advice on how to run an effective committee and actually get stuff done, despite ideological differences.

> **"I felt a huge sense of responsibility and wonder.**
> Karen McCrimmon

"It's the idea of collaborative effort," McCrimmon said. "There's no need to bring that partisanship inside the committee system."

Save that for Question Period, that daily bit of drama where MPs can let their partisan hearts sing.

The rookies learned the rules of engagement for that process, too. The most important House rule, of course, is addressing the Speaker rather than yelling at their opponent across the floor.

"I think it helps improve the tone, the demeanor of the discussion," McCrimmon said.

On Wednesday, the new MPs will spend the day in caucus meetings, learning from their veteran colleagues.

Gov. Gen. David Johnston will open the first session of the 42nd parliament at 1 p.m. Thursday.

REVENUE

Land transfer tax to stay limited to Toronto

The 444 municipalities across Ontario will not be given the same power as the city of Toronto to impose a land transfer tax.

Municipal Affairs Minister Ted McMeekin says he consulted a wide range of groups following last year's local elections and found there was no call for a municipal land transfer tax.

He says local governments are looking for new revenue tools, but adds there will be no extension of a land transfer tax to any municipality beyond Toronto.

The Progressive Conservatives celebrated in the legislature after McMeekin's surprise announcement during question period.

Deputy PC leader Steve Clark had campaigned hard against giving cities and towns the ability to create a land transfer tax, which he warned would hit home buyers with a bill averaging an extra $10,000 on closing.

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BROKEN BONDS | PART II

A mother-baby unit at Alouette Correctional Centre for Women is seen in handout photos. When the unit was renovated last summer, each room was outfitted with a cot, a crib and a rocking chair. The rooms open into a common area with a kitchen, a high chair, soft seating and a play area with books and toys. No one has been admitted to the unit since the renovation. B.C. MINISTRY OF JUSTICE

After a troubled killer gave birth and lived with her newborn in a B.C. jail, the program that made it possible died. A judge later revived it, but the nursery remains empty.

'It was easy to jettison their rights'

Sidney Cohen
For Metro

On Canada Day 2006, 33-year-old Lisa Anne Whitford shot and killed her common-law partner, Anthony Cartledge, on a rural property near Prince George, B.C.

According to court records, Whitford called police the next morning and, when RCMP arrived at the home, they found her drowsy, confused and slurring her words. Cartledge's body was wrapped in blankets and hidden under a canoe.

Whitford was a few weeks pregnant at the time, and Cartledge was the father.

In the court case that followed, details of the accused's tragic life were laid bare.

Whitford, who is indigenous, was born to an alcoholic mother. When she was still a child, her mother's boyfriend sexually abused her. She began using drugs and alcohol at age 11, was living on the streets of Calgary at 14 and was strangled and raped when she was 17 by someone she considered a friend. Whitford has visited emergency rooms at least 41 times.

In his sentencing of Whitford, Justice W. Glen Parrett called her case "one of the bleakest … I had ever encountered."

Whitford gave birth to her daughter Jordynn on March 12, 2007, while on remand at the Alouette Correctional Centre for Women. She was permitted to keep her baby in the jail, so Jordynn could breastfeed and bond with her mother.

Under the jail's "mother-baby" program, inmates who gave birth in custody were allowed to keep their newborns with them.

Ultimately Whitford, who was abused physically and emotionally by Cartledge during their relationship, pleaded guilty to manslaughter and was sentenced to six years in federal prison.

The judge decided that, with support from B.C.'s Ministry of Children & Family Development (MCFD), Whitford could bring her baby with her to Fraser Valley Institute for Women, in Abbotsford, B.C, making Jordynn the first child to take up residence in a federal penitentiary in the province's history.

"It is in many respects startling," said Justice Parrett, "to consider incarcerating in a federal institution the accused's new child who is still under the age of one." But, he added, "this may be the last and best chance for you. … The alternatives would appear to be even bleaker than your past."

Word that a child would spend the early years of her life behind bars with her mother, a convicted murderer, quickly spread.

The Vancouver Sun ran a splashy story with the headline, "Killer to raise baby in prison." The Globe and Mail reported that Whitford's case prompted Stockwell Day, then minister of public safety, to express concern about "the message that is sent to serious offenders when they are permitted to retain custody of a child while incarcerated."

* * *

Jordynn was the last baby to live inside Alouette.

In February 2008, the mother-baby program ended. Brent Merchant, head of adult custody in B.C. at the time, later claimed in court that B.C. Corrections couldn't guarantee the safety of babies in jail.

> **Women who are incarcerated are disproportionately aboriginal. They're not politically influential.**
> Mary Ellen Turpel-Lafond, Children's Advocate

B.C. Children's Advocate Mary Ellen Turpel-Lafond says shutting down the mother-baby program was a political and ideological choice.

"Women who are incarcerated … are disproportionately aboriginal, minority women who have experienced abuse," she says. "They're not considered to be a politically influential group.

"It was easy to jettison their rights."

In November 2008, Alouette inmates sued to reopen the program, arguing the closure violated their charter rights to equality and security of the person.

At the end of the five-week trial, B.C. Supreme Court Justice Carol Ross ruled in favour of the inmates. Evidence presented in court revealed that B.C. Corrections didn't assess the program's risks and benefits before shutting it down.

Ross found that no child had been harmed in the program.

The judge also ruled that the charter right of the mothers and babies to security of the person was violated because separating infants from their mothers was contrary to their best interests, as it interfered with bonding and breastfeeding.

The separation was harmful to the mothers as well, who were devastated by losing their babies. Some would lose them permanently.

"An inescapable consequence of Mr. Merchant's decision was that the state would place in care some infants who, but for the decision to cancel the program, would have stayed with their mothers," Ross wrote in her decision.

Merchant, who is now assistant deputy minister in B.C.'s Ministry of Justice, declined repeated requests for an interview.

Ross also found the closure discriminated against indigenous women, given their overrepresentation in Canadian prisons and Canada's history of removing indigenous children from their families.

Ross's decision was released in December 2013, and a $163,000 renovation to the unit where mothers had once lived with their babies quickly followed.

On June 16, 2014, B.C.'s Ministry of Justice announced the program's reopening and took media on a tour of the refurbished mother-baby unit.

But not one baby has yet been admitted to the new space, despite three inmates having given birth since the program was re-established.

A Nov. 19 email from B.C. Corrections spokeswoman Cindy Rose says that the program is "open with dedicated space at (Alouette) and is available for use as soon as it is needed."

"With respect to why no women have participated in the program to date," Rose's email continues, "one inmate did apply and was accepted, but was released after giving birth. … in two other circumstances, MCFD determined the parents could not safely care for their infants."

In all, 26 babies have been born to Alouette inmates since Jordynn Whitford left Alouette. Fourteen of those babies were placed in state care.

Former warden Brenda Tole oversaw Alouette's mother-baby program from 2004 to 2007. When she was in charge, she says, women who gave birth while incarcerated and wanted to bring their babies to Alouette were routinely admitted absent a "very, very valid reason." There was no application process; rather, Alouette staff, community agencies, MCFD and the B.C. Ministry of Health decided ad hoc what would best serve the moms and babies.

Now, Tole says, "the onus is on you to convince everybody that you can have your baby; otherwise, they're going to take it away."

In order to qualify for the program today, B.C. Corrections says, an inmate must have no history of "serious offences that could jeopardize a child's safety," or health conditions "that could put children at risk."

"There's an underlying dynamic that women who are incarcerated are not good moms," Tole says. "Because they're in trouble with the law, because they haven't handled their life very well, that they can't provide support to this baby."

"Because somebody killed an abusive partner, doesn't mean that they're not going to nurture their kids," says Tole.

* * *

Lisa Anne Whitford and Jordynn aren't together today, but Rauch says that at Fraser Valley, they thrived.

At Alouette, mothers and their babies haven't had that chance for nearly eight years.

Broken Bonds

PART I
"A success story"
Tues. Dec. 1

PART II
"It all falls apart"
Wed. Dec. 2

PART III
"What now?"
Thurs. Dec. 3

IN BRIEF

Stephane Dion offers NATO more support

Stephane Dion walked through NATO's doors Tuesday suggesting he won't have to do much of a sales job over the impending withdrawal of Canada's jets from the U.S.-led bombing campaign against militants in Iraq and Syria.

Other countries, including North Atlantic allies, understand the warplanes have played only a small part in the effort, and that Canada will be more effective in a training role, Dion said on his way into a meeting of foreign ministers.

"There are a lot of things where Canada may be a great supporter, instead of delivering two per cent of the airstrikes," he said.

THE CANADIAN PRESS

Foreign affairs staff hated the Harper Tories: Email

A U.S. official expressed amazement at how deeply detested Canada's Conservative government was by some employees of the Foreign Affairs Department.

That impression was described in a note sent three years ago to Hillary Clinton, who was then the secretary of state and whose emails are now being publicly released.

It was contained in a message where a U.S. official described how his colleagues across the border pleaded for his help lobbying the Canadian government not to cut a program for Haiti. THE CANADIAN PRESS

Public is footing the bill for PM's nannies

POLITICS

Trudeau has promised his child benefit to go to charity

Prime Minister Justin Trudeau was attacked on social media as a hypocrite Tuesday after news reports that his cabinet had put on the public payroll two nannies to care for his three young children.

The orders-in-council said the women — Marian Puego and Marilou Trayvilla, whom the Ottawa Citizen reported had been working for the family prior to the election — were appointed to be special assistants to Trudeau and his wife Sophie Gregoire-Trudeau at the Prime Minister's residence.

They are being paid $15 to $20 hourly for daytime work and $11 to $13 for the night shift (effective the Nov. 4 swearing-in of Trudeau's government) and will help care for Xavier, Ella-Grace and Hadrien.

Kate Purchase, the prime minister's director of communications, told the Star in an email that "given the nature of the prime minister's responsibilities and young family, the Trudeaus employ two household employees who, in addition to performing other duties around the house, act as secondary caregivers to the three children."

She did not reply to requests for elaboration on their duties, or to explain why the prime minister thought taxpayers should foot the bill. The news was intriguing for several reasons.

Marilou Trayvilla, one of two women employed to take care of the Trudeau children, is seen at left in the pink jacket, as she joins prime minister Justin Trudeau and family upon their arrival to Rideau Hall for the swearing-in ceremony last month. SEAN KILPATRICK/THE CANADIAN PRESS

$3,400

The UCCB amount the Trudeaus will receive this year and have said they will be giving to charity.

The decision was at odds with Trudeau's opposition during the election campaign to Conservative tax policies that would have benefited well-off people like him.

He repeatedly attacked Conservatives plans for enhanced universal child care benefit and income-splitting for families. Families like his and former prime minister Stephen Harper's didn't need taxpayers' help, he said. "And Canada can't afford it."

Trudeau promised to give his $3,400 a year UCCB benefits to charity. But at another level, this might be Trudeau's first salvo as what Vogue magazine called Canada's first "feminist PM."

By expensing such costs, which his personal wealth would have made easy to pay, he obliges Canadians to consider how much support is required to make high public office possible for women and men with young families or for single parents.

Nancy Peckford, of Equal Voice, said: "Here's a person with a young family in need of some critical child-care support for obvious reasons. His job is running the country and those supports are necessary."

TORSTAR NEWS SERVICE

Rosemary Westwood weighs in on nanny gate
metroVIEWS

JORDAN

Refugees start journey

Maher al Halabi emerged from his interview with the UNHCR last Saturday with the coveted "number one" in his hand, on a small piece of paper in bold black ink. That paper — a golden ticket — means he, his wife and two children, Ghassan, 7 and Mohammed, 18 months, made the cut. They will have a second interview Dec. 8 with Canadian officials, at the newly opened refugee processing centre outside Amman in Marka.

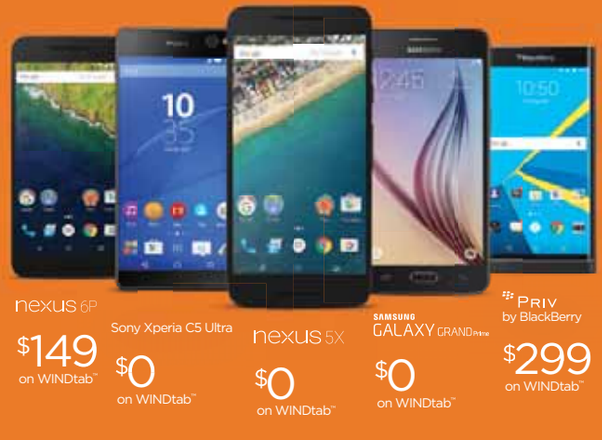
"I want to go to Canada so badly, for the sake of my children. I am a young man, I will do anything there," said al Halabi, 30, who hopes he passes the medical and security screening.

As word of Canada's resettlement plan seeps out among the Syrian community in Jordan, refugees pray they can beat the odds. If all goes well, al Halabi's family will be among the first of the 10,000 refugees from Jordan to arrive in Canada late next week; the remaining 15,000 will come from Turkey and Lebanon.

In the last two weeks, the UNHCR in Jordan has interviewed thousands of Syrians to come to Canada, said spokeswoman Helene Daubelcour.

TORSTAR NEWS SERVICE

Maher al Halabi and his son
TORSTAR NEWS SERVICE



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Leaders call for pricing on carbon

CLIMATE CHANGE

Pricing would cut emissions, conference delegates hear

One of the smartest ways to fight global warming is putting a price on carbon dioxide pollution, according to key world leaders at the international climate summit in Paris, including Canadian Prime Minister Justin Trudeau.

Either a tax on carbon dioxide emissions or putting a price on carbon and trading carbon pollution like pork bellies would help use capitalism to get closer to a day when the world isn't adding heat-trapping gases to the atmosphere, said leaders of Canada, France, Germany, Chile, Mexico and Ethiopia, as well as heads of the World Bank, International Monetary Fund and Organization of Economic Cooperation and Development on Monday.

U.S. President Barack Obama makes a speech during a press conference on Tuesday in Paris. PASCAL LE SEGRETAIN/GETTY IMAGES

"I have long believed that the most elegant way to drive innovation and to reduce carbon emissions is to put a price on it," Obama added at a Tuesday news conference. "Obviously I'm not under any illusion that this Congress will impose something like this."

The number of countries, provinces, states or cities putting a price on carbon has tripled in the past year and is now at 40, including some U.S. states, World Bank Group president Jim Young Kim said Monday.

Kim and others pointed to straight carbon taxes in British Columbia, Sweden and France as examples of what works.

Trudeau said British Columbia's "world class" carbon tax proves such a device doesn't harm the economy.

THE ASSOCIATED PRESS

HILLARY CLINTON

Emails offer peek into personal life

Roughly 7,800 pages of emails released Monday were part of a court-ordered disclosure of correspondence sent from the private server Hillary Clinton used while she was secretary of state.

Clinton has faced questions about whether her unusual email setup was sufficient to ensure the security of government information and retention of records.

Here's a closer look at some of the messages that churned through Clinton's in-box in the batch released Monday:

HEALTH POLITICS

Get-well-soon notes poured in from across the globe after Clinton picked up a stomach virus in 2012.

Hollywood mogul Harvey Weinstein emailed her aide, Capricia Marshall, offering to send Clinton copies of any movies she wanted to watch while recuperating.

2012 ELECTIONS

Although Clinton wasn't on the ticket in 2012, she and her supporters followed the race for president closely.

In a January 2012 note, during the heat of the Florida Republican primary, Clinton refers to Mitt Romney as "Mittens" and Newt Gingrich as "Grinch."

"If Mittens can't beat Grinch in Florida, there will be pressure on state Republican parties to reopen or liberalize ballot access," she writes to confidant Sid Blumenthal.

KEEPING THE TEAM

In November 2012, Samuel Kaplan, a Minneapolis lawyer and major Democratic donor who was appointed U.S. ambassador to Morocco, secured a private meeting with Clinton to discuss how he and his wife "might hope to be allied" with her in the future.

KISSING UP

Clinton's aides and supporters showered her with gushing praise, complimenting everything from her appearance to her policies, and the volume and emotion of those messages only grew as her tenure in the Cabinet came to an end.

"I'm being flooded with emails about how you rocked," deputy chief of staff Huma Abedin wrote in one email. "And you looked fabulous."

THE ASSOCIATED PRESS

IN BRIEF

School fire kills six kids, injures three others

Turkey's state-run news agency says six children have died in a fire that broke out at a school in Karaagac village.

Three other children were injured Tuesday in the fire believed to have been caused by a heater. THE ASSOCIATED PRESS

WHO wants Ukraine to declare polio emergency

The World Health Organization is urging Ukraine's health ministry to declare a state of emergency due to a polio outbreak.

The move is meant to boost government action in a country where half the children have not been vaccinated against polio. THE ASSOCIATED PRESS

Police make new arrest in Paris attacks

A woman was arrested Tuesday in a Paris suburb for suspected links to an intermediary to the only man charged in connection to the Paris attacks.

Official said the woman is the intermediary's partner. THE ASSOCIATED PRESS

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Chinese artist Wang Renzheng uses an industrial shop-vac along a highway in Beijing on Tuesday. Wang spent 100 days vacuuming the Beijing air, then baked the dust and pollutants into a brick (inset). THE ASSOCIATED PRESS; INSET: COURTESY WANG RENZHENG

Just another brick in Beijing's smog wall

PERFORMANCE ART

Dust Project illustrates level of pollution in China's capital

For four hours every day, for 100 days, Chinese artist Wang Renzheng used an industrial vacuum cleaner to suck in Beijing's notoriously polluted air at various landmarks.

Passersby were intrigued, inquiring if he was an air sanitation worker, or if he was taking air samples, or if he could be hired to do air sweeps of their apartments, Wang recalled.

The 34-year-old artist hopes the performance art — dubbed the Dust Project — can sharpen the public's sense of China's air quality.

Coincidentally, the project's 100-day phase of dust-collecting ended Sunday — right in the middle of this year's worst pollution spell in Beijing, when its landmark buildings disappeared into thick smog and residents were asked to stay indoors.

Monitoring sites reported that the density of the tiny, poisonous PM2.5 particles had reached more than 40 times the safe level set by the World Health Organization.

Wang said that his 400 hours of air-sucking had netted 100 grams of dust, which has been added to a mixture to make a brick at a factory in the northern city of Tangshan.

The 100 grams were more than he expected when he first embarked on the project on July 24 with the $1,100 vacuum cleaner.

The brick will be used in construction along with other bricks. "It should just disappear like a drop of water going into the sea," Wang said.

THE ASSOCIATED PRESS

THE FALLOUT

Fifth day of bad air quality

Schools kept students indoors and parents brought their kids to hospitals with breathing ailments Tuesday as Beijing grappled with extremely severe air pollution for the fifth day. Readings of the tiny poisonous PM2.5 particles reached 600 micrograms per cubic metre, as compared with the World Health Organization safe level of 25.

TECHNOLOGY

Startup aims to sniff out drunk drivers

Inside a few Canadian school buses a new sensor technology is helping keep drunk drivers off the roads. It's part of a test project underway at Sober Steering, a Waterloo, Ont.-based startup that aspires to make the breathalyzer obsolete with a different way to monitor blood-alcohol levels that's both faster and cheaper.

Sober Steering uses touch-based biosensor technology to monitor the person behind the wheel, essentially sniffing alcohol through their skin.

Before they start the engine, the driver must place their palm on a sensor built into the steering wheel to activate the vehicle's ignition.

Catherine Carroll, Sober Steering's chief operating officer, believes the technology could reshape how we monitor drinking and driving. Plans are to gradually roll out Sober Steering in various fleet vehicles, like construction machinery and coach buses.

The school bus industry is helping launch the concept, because the industry is a lightning rod for attention when drivers are caught intoxicated.

THE ASSOCIATED PRESS

IN BRIEF

Student pleads guilty to turtle-smuggling

A University of Waterloo student caught with 51 turtles in his pants last August at the Windsor–Detroit border crossing has pleaded guilty to smuggling in a court in Michigan. Kai Xu, 27, ordered the American turtles online. THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

For our son's wedding, the couple requested donations to their honeymoon fund in lieu of gifts. One of our friends told my wife how offended she was by this. We haven't spoken to them since. Should she have kept her objections to herself?

Ani Castillo

Dear Ellen:

Our oldest son got married in September. Both partners were established with their own homes, and when they moved in together had everything they needed for their household. As a result, when they sent out their wedding invitations they requested donations to their honeymoon fund in lieu of gifts. We had invited some of our best friends to the wedding. At a party before the wedding, one of our friends took my wife aside and indicated how offended she was by this request. Because of this "confrontation" we uninvited them and haven't spoken to them since. Should she have just kept her objections to herself and bought them a gift anyways? And did we overreact? They are longtime friends and I am quite amazed that a wedding invitation has come between us.

Joe, Scarborough, Ont.

Dear Joe,

I'm sorry to hear that your son's wedding caused so much strife. I could offer platitudes along the lines of "at least you didn't become estranged from any relatives," except that losing a friendship is sometimes more painful than losing touch with a loathsome aunt or uncle.

There are a few layers to your question, so let's start with the affianced couple's request for money. To some old-school types, like your friends, and me, straight-out asking for money does feel a bit crass. The point of a wedding gift is not just to help a young couple get started, but to give them a tangible reminder that you were there when they became as one. I have friends who still cherish the beautiful martini set I gave them years ago, and other friends who curse my name to this day for the crystal candle holders that become problematic if you drunkenly forget to douse the candles at the one-inch mark, at which point the flames can crack the crystal — why do they even make crystal candlesticks anyway? It's stupid. My point is, envelopes of cash, though always welcome, can be impersonal.

The point of good manners is to have them even when you think others do not.

In your son's defence, I will concede that, as you point out, most couples today are already shacked up and have all the gadgets and linens they need, which can make choosing a gift difficult. For many parent-aged guests, it's vastly easier to write a cheque than try to guess what kind of vase will go with moustache wallpaper or faux-fur upholstery (though an ironically customized, oversized mason jar would probably do the trick).

Whatever the guests' views are, however, it is absolutely wrong to confront the groom's mother to complain and risk ruining what is already a super-stressful event. The point of good manners is to have them even when you think others do not. If your friends were that irritated, they could easily have ignored the request and made the couple work for their cash by giving them a highly returnable candy dish from Birk's.

Or, if they wanted to send a more explicit disciplinary message of resentment, a simple set of hideous beach towels and matching, unpackable sombreros would have done the job nicely.

As for whether you overreacted by uninviting them, I cannot say. It depends on how aggressive the "confrontation" was, and on why you put the word "confrontation" in quotation marks. Are we talking disagreement through gritted teeth here? Or hand-to-hand combat?

If it makes you feel any better, keep in mind that your friendship may have been on its last legs anyway. Weddings are the kind of traumatic social event that acid-tests every relationship. Wish your friends well, and see how you all feel in a year or so.

And please make sure your son and his spouse send thank you cards for every penny they rake in.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Never mind Nannygate. The real scandal is wealth inequality.

Nannygate? Please.

So the most powerful person in this country is the parent to three children, and married to a woman with a career of her own and now the added duties of being a prime minister's wife.

So the Liberal government hired a few nannies to help out around Rideau Cottage and lend a hand with the kids.

So what?

Yes, I know, Trudeau made a big to-do during the campaign about exactly how much his family doesn't need taxpayer dollars to cover child care.

Railing against the Conservatives' Universal Child Care Benefit that funnelled about $3,000 his way, he told media that "we don't need it. And Canada can't afford it."

And, now that he's in office, taxpayers are most assuredly paying more than three grand a year for two nannies, at $11 to $20 an hour each, depending on whether they're working a day or night shift.

But did anyone actually think that, of all the perks that go along with being prime minister, child care wouldn't be included? Do taxpayers somehow feel morally OK with paying for his in-house chef, and not his nannies?

Being prime minister isn't a blank cheque, but it is a privileged position, and I couldn't care less that we're supporting two child-care professionals along with the gardener.

Far more important — and the point of all of Trudeau's anti-child-care-benefit rhetoric — is the need to address the growing inequality between people in this country. According to the Broadbent Institute, the richest 20 per cent of Canadians own almost 70 per cent of the country's wealth. Last year, TD Bank called rising inequality a "threat to economic growth" — and it's most certainly a threat to the ability of many Canadians to afford quality child care.

And if you want to talk about nannies, let's talk about how much they're paid (hint: it's less than the chef). My sister worked for years as a nanny. Often spending more time with children than their own parents could, she moulded the kids she worked with, giving them basic tools to handle their emotions, teaching them self-respect and responsibility, never mind joy and self-expression. It was not particularly lucrative, though the families she worked with did pay her in gratitude. And it showed me that we value coding skills, say, over raising kids.

Nannygate could better earn its hand-me-down name if it alluded to some of these more pressing scandals in Canadian child care. What the Globe and Mail calls Trudeau's "apparent contradiction" is an incredibly underwhelming controversy, at best.

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Golden ways to goose eggnog

HOLIDAY DRINKS

Modern takes on a traditional festive tipple

Melissa Dunne
For Metro Canada

'Tis the season to don ugly Christmas sweaters whilst sipping on eggnog à la the Griswolds in National Lampoon's Christmas Vacation.

The drink with the consistency of a melted milkshake is traditionally made from scratch with eggs, milk, cream and sugar, then finished off with a sprinkling of spices. Domestic goddess/woman after my own heart Martha Stewart spikes her homemade eggnog with not one, not two, but three liquors (bourbon, dark rum and cognac).

GULP

We bought more than 7.6 million litres of eggnog in the last two months of 2013, according to the latest Statistics Canada data.

Most of us are not Martha, so we end up just buying whatever carton of eggnog happens to be on sale at the grocery store. We bought more than 7.6 million litres of eggnog in the last two months of 2013, according to the latest Statistics Canada data. It's certainly not all good — much of the mainstream stuff has an odd consistency and even odder fluorescent-tinged hue to it.

Books like Alissa Hamilton's Got Milked? and vocal vegan celebrities such as Alicia Silverstone have many of us thinking twice about putting conventional cow's milk into our bodies.

But, no need to shake your noggin in despair as in recent years Santa and his elves have whipped up a slew of organic and alterna-nogs so everyone can partake in a little Christmas in a cup this holiday season.

YOU MADE THIS?!

Silk sells a soy nog in the U.S., but sadly it's not available here. Instead, the makers of Silk alternative milks suggest blending one cup of the alterna-milk of your choice (almond, rice, soy, coconut, cashew etc.), 1/2 a frozen banana and 1/2 tsp of vanilla. Then add spices, such as turmeric, cinnamon and nutmeg to taste. Pour your nog into a Marty Moose Mug ($36, Urban Outfitters) and get ready to channel your inner Clark Griswold.

ALL PHOTOS CONTRIBUTED

IS THAT ORGANIC?

Not only is Organic Meadows eggnog organic it's also GMO-free and kosher. The creamy concoction is made at the family farm in Guelph, Ont., with fresh Ontario eggs and milk. It comes in a carton or a returnable glass bottle at select stores for between $5.99-$7.29 in the Greater Toronto Area. If you're outside of the area and are passionate about supporting farmers in your community ask around to find a local brand that makes an organic eggnog.

PUT THE NOG IN THE COCONUT

In America there are rows upon rows of alterna-nogs at stores this time of year. On this side of the border, the options are more limited. Good news for those who are off dairy these days: So Delicious sells a seasonal coconut milk nog at select stores, including some Whole Foods Markets for about $3.99. The nog features organic coconut milk and organic cane sugar. Add a cinnamon stick, plus a splash of liquor of your choice and toast to Christmas miracles. Ask around to find a local brand that makes an organic eggnog.

FESTIVE ALMOND MILK

Vancouver's Earth's Own puts out a Noël Nog this time of year that's sold at select stores including some Whole Foods, Sobeys, Metro and Safeway for about $2.99. The festive drink is dairy- and egg-free and features filtered water, almonds and cane sugar. Make sure to have a bottle on hand at your next holiday party so your vegan friend can partake in some spiked nog, too.

ADD A JOLT OF CAFFEINE

Many indie coffee shops sell eggnog lattes with organic milk this time of year that will turn even the biggest Grinch into a bundle of caffeinated joy. Balzac's Coffee Roasters puts a very modern twist on the traditional drink this season, offering up a blend of nitro cold-brew coffee and Harmony Organic's eggnog for $4.75, only available at its Distillery District location in Toronto. Invent your own version by mixing your favourite nog and cold brew together. Cheers to Eggnog Season!

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ST LAURENT

Step away from the onion-soup mix

PARTIES

Home-made dip is way more healthy and delicious

Although dipping sauces are part of many party scenarios, it's easy to treat them as an afterthought.

Most supermarkets have the usual suspects — jars of salsa or plastic tubs of onion, dill or spinach dip, hummus or tzatziki. Buy one, take the lid off and you're good to go.

But they're not cheap, they're often high in salt and/or sugar, and may contain preservatives.

It's much more interesting to concoct your own flavour combinations to wow guests with little effort and at a lower cost.

Dips are also a great way to encourage guests to eat their veggies, says Brooke Bulloch, owner of Food to Fit, a nutrition consultation firm in Saskatoon.

Then there's the nutrition factor of the dips themselves.

"With homemade dips, we can better control the ingredients," she says. "A lot of dips have full-fat cream cheese or mayonnaise. With homemade, you could lighten up a guacamole by adding yogurt and salsa. You can also make it go farther.

"You could lighten up a spinach dip with light cream cheese and plain yogurt instead of full-fat cream cheese and mayonnaise."

Bulloch, who is also a spokesperson for Dietitians of Canada, is a huge fan of plain two per cent Greek yogurt as a dip base.

"It doesn't have to be zero fat because that's where a lot of the flavour comes," she says. "But it's rich in protein and you actually get some nutrients, B12 and calcium. And because Greek yogurt is so thick, it gives the texture we look for in dips."

"Sometimes we try too hard to healthify everything and to make everything lower calories."

Brooke Bulloch, owner of Food to Fit

For example, she makes a Mexican-style dip by adding cumin, chili powder and a little salt to the yogurt; a Greek-style tzatziki by combining the yogurt with lemon and cucumber; or a spicy dip by adding Sriracha, garlic and chili powder to the yogurt.

Bulloch is also partial to bean-based dips.

"We know chick peas and lentils and black beans are loaded with fibre and folate, a little bit of protein. They're super nutritious, low in fat. You can also spice them up and they can make a really thick dip consistency."

They also have the advantage of filling you up so you eat less, she says. People also tend to eat smaller portions of spicy dips.

Many dip recipes are cheese-based. Generally Bulloch says she prefers a fuller-fat version of cheese because of the flavour factor.

"But if it comes to a dip that I know I'm going to eat quite a bit of it and the main ingredient is cheese, I will always opt for a light cream cheese or ricotta or two per cent cottage cheese."

She also suggests smoked paprika in dips as a substitute for bacon and recommends avoiding the use of dried onion soup mix, which she says is "just loaded with preservatives and fillers and salt." Instead, add garlic powder, onion powder and salt to taste to simulate the same flavour.

Price-wise, although you might have a few ingredients to buy to make dip, compared to buying one tub of commercial dip, you're going to get a lot more volume, she says.

Bulloch suggests that while it's always important to be conscious of what we're serving and consuming, it's also important to remember the reason for entertaining.

"Sometimes we try too hard to healthify everything and to make everything lower calories. But if I'm going to make a spinach dip, I want the real thing. I know a lot of people feel this way."

The bottom line is that it's the holiday season and you want guests to enjoy themselves and enjoy the food.

THE CANADIAN PRESS

Pina Colada Dip and Layered Mexican Dip are healthy, delicious dips you can make at home. IMAGES DAIRYGOODNESS.CA AND COOKSPIRATION.COM.

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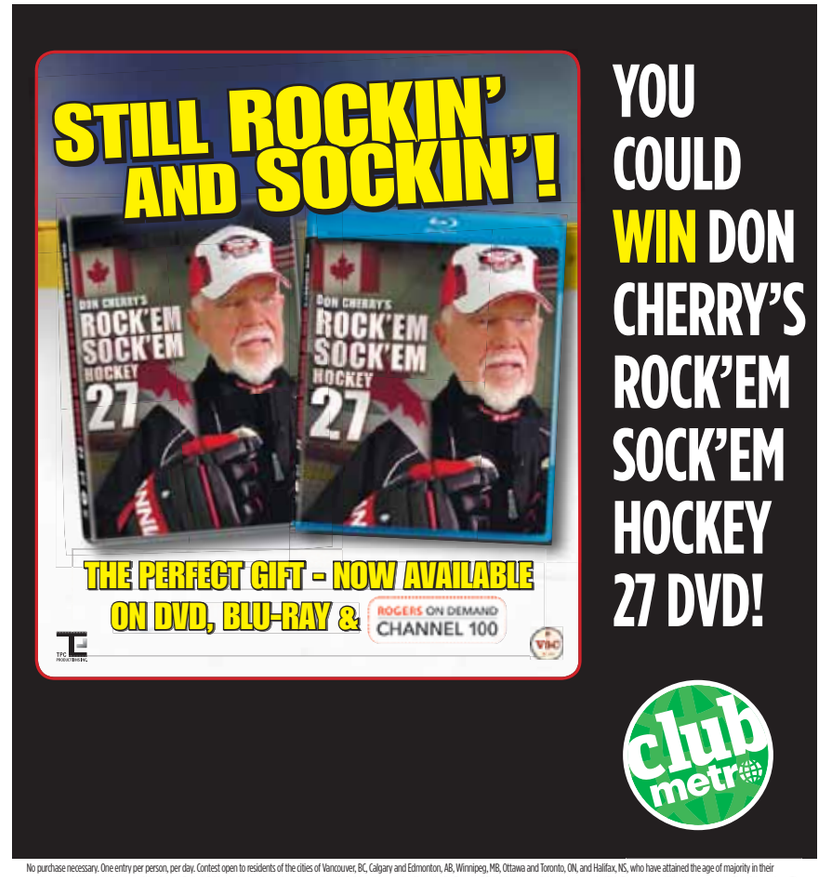
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Beat the blues with yogurt

NUTRITION

Study finds probiotics help with negativity

Theresa Albert
For Metro Canada

Feeling a little moody? Maybe you want to try some yogurt to beat the blues.

New studies have the nutrition world saying "I told you so" as they confirm that gut bacteria contributes to the management of mind and mood. The mechanisms aren't clear yet, but the years of research on animals has been convincing enough to gain the focus of many researchers to start testing the impact of probiotic supplementation on humans.

Both Leiden and Cambridge Universities are in the news for confirming that it appears to hold true that humans experienced decreased sensitivity to depression and negative stimuli when taking probiotics. In the Leiden University study, administering probiotic powder to participants resulted in reducing the occurrence of rumination, a predictive behaviour in depression.

Mental health aside, it is never too early to start improving the health of your gut bacteria, particularly if you have been on antibiotics.

Here are some foods that could help rebalance your gut:

- Fermented yogurt, soy milk or keffir
- Fermented foods like tempeh, kimchi, sauerkraut and miso soup
- Prebiotic foods that help feed the active probiotics: inulin, chicory root (in coffee substitutes), onions, garlic, artichokes, sweet potatoes and bananas.

Maybe your gut feeling is true and it isn't all in your head after all.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

Both Leiden and Cambridge Universities have recently published studies linking probiotic consumption with decreased sensitivity to depression. TORSTAR NEWS SERVICE

LIQUID ASSETS

Raise a Shiraz for Australian wine

Peter Rockwell
For Metro Canada

While we here in Canada prepare for Old Man Winter, Down Under my winemaker friends are waxing-up their surf boards; having just welcomed the beginning of their summer.

As much as I hate that about them, nothing warms up my cold nights better than a glass of full-bodied Shiraz, the grape that singlehandedly turned Australia into a winemaking force to be reckoned with back in the mid-'80s.

Though today they may be more well-known for quaffable versions, there's still plenty of meaty and muscular Shiraz to be found on the shelves at your local liquor store.

The Jacob's Creek 2013 Double Barrel Shiraz (Australia, $16.49–$20.99) pumps up the volume with an innovative take on aging. After resting in a combination of French and American oak for over a year the Barossa juice then sees some time in used Scotch whisky barrels.

The finished wine is a mouthful of complexity that will make a great gift for any red lover on your holiday list.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

FOOD BRIEF

Beer mile record holder defends title on Ellen

Lewis Kent has another victory to add to his running resume — winner of Ellen's Beer Mile Race.

The 21-year-old from Mississauga, Ont., who broke the beer mile world record last month, beat an Ellen staff member on Tuesday's episode of The Ellen DeGeneres Show.

THE CANADIAN PRESS

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BOOK EXCERPT THE SCANDIKITCHEN BY BRONTË AURELL

Meatballs never tasted so Swede

ScandiKitchen by Brontë Aurell showcases 75 Nordic recipes for everyday eating and special occasions. Its collection of dishes from Norway, Denmark and Sweden is based on a shared heritage of food that is natural, delicious, simple to prepare and beautiful to to look at. Filled with recipes ranging from morning buns and open-face sandwiches to healthy salads and hearty dinners, plus baked treats and desserts, ScandiKitchen features charmingly uncomplicated and flavourful Nordic fare like this excerpted recipe for Real Swedish Meatballs.

EXCERPTED FROM THE SCANDI KITCHEN BY BRONTË AURELL, PHOTOGRAPHY BY PETER CASSIDY, PUBLISHED BY RYLAND, PETERS & SMALL, $30.95 CAD.

Real Swedish Meatballs

There are as many recipes for meatballs in Scandinavia as there are cooks.

Recipes vary regionally, too, both in ingredients and sizing.

Sadly, nowadays a lot of people buy meatballs instead of making them.

The homemade version is so very wholesome and worth the effort. Serve with creamy mashed potato.

Ingredients:

- 1/3 cup old-fashioned oats or breadcrumbs
- 2/3 cup meat stock (chicken works well, too)
- 14 oz. ground beef
- 9 oz. ground pork (minimum 10% fat)
- 1 US large egg
- 2 1/2 tablespoons all-purpose flour
- pinch of salt
- 1 teaspoon ground allspice
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- a dash of Worcestershire sauce or soy sauce
- 1 small onion, grated
- butter and oil, for frying
- mashed potato, to serve

Stirred Lingonberries

- 9 oz. frozen lingonberries (available in some speciality food stores and online)
- 1/2 cup granulated sugar

Cream Gravy

- meat stock
- 1 tablespoon all-purpose flour
- a good glug of single cream
- salt and ground black pepper

Serves 6

Directions:

1. If using oats, soak them in the meat or chicken stock for 5 minutes.

2. Mix the ground meat with a good pinch of salt for a couple of minutes in a food processor to ensure it's blended thoroughly.

3. Add the eggs, flour, spices and Worcestershire or soy sauce to another bowl and mix with the soaked oats or breadcrumbs and grated onion, then add this to the meat mixture. You'll have a sticky, but moldable, mixture. Leave the mixture to rest for 20-25 minutes before using.

4. Heat up a skillet with a small pat or butter or oil and shape one small meatball. Fry it until done and then taste it. Adjust the seasoning according to taste and fry another meatball to test it until you get it just right.

5. Shape the individual meatballs in your hands — it helps if your hands are damp. Each meatball should be around 1 in. in diameter, or larger if you haven't got time.

6. Melt a pat of butter in a skillet with a dash of oil and carefully add a few meatballs — make sure there is plenty of room for you to swivel the pan round and help turn them so they get a uniform round shape and do not stick. You'll most likely need to do this in several batches. Cooking time is usually around 5 minutes per batch. Keep in a warm oven until needed.

7. When your meatballs are done, keep the pan on a medium heat. Ensure you have enough fat in there, if not, add a pat of butter to the pan. Add a tablespoon of flour and whisk, then add a splash of stock and whisk again as you bring to the boil. Keep adding stock until you have a good creamy gravy, then add a good dollop of light cream and season well with salt and pepper. The colour of the gravy should be very light brown.

8. To prepare the Stirred Lingonberries (rårörda lingon) simply add the granulated sugar and stir. Leave for a while and then stir again, until the sugar dissolves and the berries have defrosted. Store leftover Stirred Lingonberries in the fridge.

9. Serve with mashed potatoes.

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JOHANNA SCHNELLER WHAT I'M WATCHING

Scott and Bailey explores the mysteries of female friendship. CONTRIBUTED

Not just a plot device: the warranted fight

Scott & Bailey: Season 3, Episode 7 (Netflix)

At the end of Episode 6, Manchester police Detective Constable Janet Scott (Lesley Sharp) stumbled upon her cop partner and best friend, Rachel Bailey (Suranne Jones), in her guest bedroom, in flagrante delicto.

This infuriates her: Rachel is married, and Janet's sick of Rachel's compulsion to screw up her life. In Episode 7, they have a humdinger of an argument, in which they both say specific, accurate, hurtful things.

Now, I'm wary of the girlfight trope. Too many shows depict women as inevitable enemies — all factual evidence of lifelong, sustaining female friendships be damned. Scott & Bailey was different. It was centred on the power of women working well together. It resisted the girlfight.

This argument, however, turns out to be earned. It's not so much the two minutes of shouting in Janet's car — it's the rest of the episode, the aftermath, scene after scene of Janet and Rachel feeling frosty, anxious and miserable. They won't meet each other's eyes. They try to appear nonchalant, but they're vibrating with hurt. They keep searching each other for signs of weakness, but when they see them, they double down on punishing each other instead of forgiving.

Things aren't resolved neatly either. The tension continues into Episode 8, and it pushes both women to admit uncomfortable things about themselves. Rather than denigrating female friendships, this fight shows how important they are, and how wounding it is when they fail, even temporarily. Friendship is love, after all, and like all love, it comes with pain.

MMMHOPS

Hanson old enough to drink

The problem with getting liquored up with the Hanson brothers — yes, the MMMBop boys — is that you can't get that tune out of your head the entire time you're talking to them. Or for days after. Apologies for the ear worm.

The only consolation is that they're no longer boys, which makes the whole affair seem less icky. Because when you say to yourself, "I'm going drinking with Hanson," the mental image is of pounding back a few with the bouncy preteens from those "ba du bop, ba duba dop" music video days. Luckily, like the rest of us, they grew up. And it turns out, they grew into really nice guys who not only are still making music, they also are pleasantly obsessed with craft beer.

So obsessed, in fact, that they've launched their own, a pale ale. That's right. You can now pop open an Mmmhops (tagline: From the Guys That Invented Mmmbop).

Their music careers have chugged along pleasantly since 1997, the year MMMBop was seared into our pop ethos. Careers quiet by industry standards, yet robust enough with a fervent fan core to keep the brothers happy. Meanwhile, 18 years of tours and time on the road mean they've sampled a whole lot of good (and bad) beer. (You can do the math. Isaac, Taylor and Zac Hanson are 34, 32 and 30, respectively, and are pretty shameless about how long they've been sipping suds.)

"We travelled the world as kids and we got turned on to great beer," said Isaac Hanson. "At some point you decide to take something you really like and turn it into a business you love."

A few years ago — around the same time they launched the Hop Jam beer and music festival in Tulsa, Okla. — they started playing around with making their own beer. The brothers found they not only enjoyed the process, but the results weren't so bad, either. So at the end of their 2013 tour, they put off work on a new album to focus on brewing. Eventually, they contracted with Mustang Brewing Company in Oklahoma City to make the operation legit and today Mmmhops

> **We won a gold medal for our beer before we won a Grammy.**
> Taylor Hanson

— winner of a gold medal from the Beverage Tasting Institute in 2014 — is available in 16 states.

And though the brothers — now all married and all with multiple children — see their music and beer in a symbiotic relationship, they're not averse to the thrill of one outshining the other.

"Hey! We won a gold medal for our beer before we won a Grammy," said Taylor Hanson. "I'll take that!"

Despite the name the beer isn't overtly hoppy; it's actually a pretty good beer: citrusy, clean tasting and totally drinkable. The brothers see it as an entry point to craft brews, particularly for fans of their music.

THE ASSOCIATED PRESS

GOSSIP IN BRIEF

George Lucas defends Greedo shooting first

I thought one of the benefits of Disney buying Lucasfilm and George Lucas stepping away from the Star Wars franchise was that he would stop piping up about stuff that riles the fans. But here he is reminding us again about one of the biggest bones of contention from the Special Edition versions of the original films released in 1997: Greedo shooting first.

Lucas tells the Washington Post why he still thinks it was a good idea to digitally alter the original Star Wars so that Han Solo gets shot at before he takes down his nemesis.

"Han Solo was going to marry Leia, and you look back and say, 'Should he be a cold-blooded killer?'" Lucas says. "Because I was thinking mythologically — should he be a cowboy, should he be John Wayne? And I said, 'Yeah, he should be John Wayne.' And when you're John Wayne, you don't shoot people (first) — you let them have the first shot. It's a mythological reality that we hope our society pays attention to."

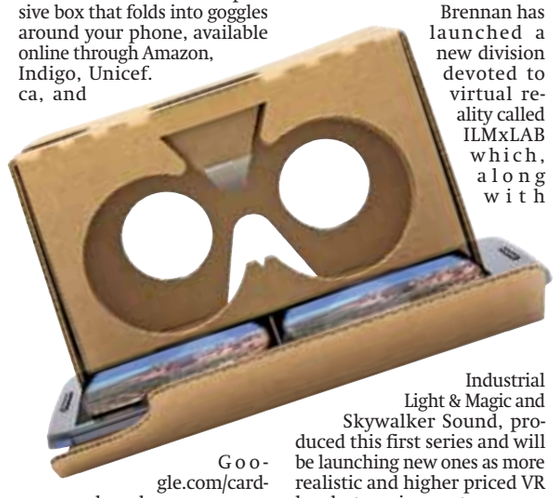
Harrison Ford has made his feelings on the matter perfectly clear, saying in a 2014 Reddit AMA, "I don't know, and I don't care." NED EHRBAR/METRO

STAR WARS

The Force Awakens with virtual reality app

Kris Abel
For Metro Canada

The chance to get up close with the Millennium Falcon alone is enough to make it worth trying out a series of virtual reality movies launching this week for free through the official Star Wars app. For the full effect you'll need a Google Cardboard viewer, an inexpensive box that folds into goggles around your phone, available online through Amazon, Indigo, Unicef.ca, and Google.com/cardboard.



Awaken The Force Within includes chapters that are just a few minutes in length, but detail a storyline that leads up to the opening moments of Star Wars: The Force Awakens. Intended by Lucasfilm as their first, convincing use of virtual reality, the experiences go beyond just giving you a 360 degree "look around" to actually placing you into the boots of characters so you can take part in the spectacle and action. You will definitely want to wear headphones given the special effects involved.

"No one really knows how audiences are going to experience virtual reality" says Lynwen Brennan, Lucasfilm General Manager, "but I do know that we have the most expansive universe to explore in Star Wars."

Brennan has launched a new division devoted to virtual reality called ILMxLAB which, along with Industrial Light & Magic and Skywalker Sound, produced this first series and will be launching new ones as more realistic and higher priced VR headsets arrive next year.

It may seem crazy that a piece of cardboard can give you a taste of entertainment's future, but of the several virtual reality experiences released for Google Cardboard so far, including clips based on The Hunger Games and Broadway's The Lion King, this Star Wars experience by far has the most convincing magic.

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metro DRIVE

Your essential daily news

BMW launches one-stop web shop in response to growing consumer trends

Leaders of the pack

Last week, the Automobile Journalists Association of Canada revealed the winners in nine best-of categories for 2016. Mercedes-Benz and Volkswagen were the big winners, taking two honours each, while Chevrolet, Honda, Kia, Mazda and Volvo also scored awards. Metro's Mike Goetz and Jil McIntosh were among the more than 70 judges who took part. Here are their takes on a few of the winners. **METRO CANADA**

AJAC winners: A roundup

1 Family Car: Volkswagen Golf Sportwagen 1.8 TSI
Mike Goetz: "A fully modern station wagon equipped to ace all family assignments."

2 Pickup: Chevrolet Silverado
Jil McIntosh: "A new eight-speed automatic mated to the V8 provides even smoother performance."

3 Small Car: Honda Civic Sedan
Mike: "A trim, well-engineered decathlete that excels at everything."

4 Sports/Performance under $50K: Volkswagen Golf R
Jil: "Fast, sharp, and beautifully balanced, the Golf R is the ultimate 'hot hatch.'"

5 SUV/CUV under $35K: Mazda CX-3
Mike: "Tiny perfect crossover."

6 Prestige/Performance: Mercedes-AMG GT S Coupe
Jil: "When I win the lottery, this is the first thing I'm going to buy."

EMISSIONS

French carmakers get top marks in CO2 tests

French manufacturers topped the list of European cars and vans with the lowest carbon emissions, the European Environment Agency said in a report published on Thursday.

French vehicle brands Renault, Peugeot and Citroen — which ranked first, second and third — had an advantage in the study because average emissions data was evaluated without taking into account the number of cylinders in the engine or the fuel.

France sells smaller engines in southern Europe, and the French market is also dominated by diesel engines, which generate less CO2 than petrol.

In 2014, Renault retained its first-place ranking, with 108 grams of carbon dioxide per kilometre (g/km), ahead of Peugeot (110 g/km), which had previously been third behind the Korean Hyundai, and Citroen (111 g/km), which had previously been tied at fourth.

Overall, vehicles sold in Europe in 2014 emitted 2.5 per cent less CO2 than in 2013, a decrease that remained constant compared to previous years. But this figure excludes Volkswagen after the company admitted in early November that its emissions were 18 per cent higher than previously reported. AFP

IN THE LAB

The emissions data were based on tests performed in a laboratory setting using a standard European vehicle test cycle. The results might not reflect real-world driving performance, the report said.

Renault retained its first-place ranking among European car brands. ERIC PIERMONT/AFP

IN BRIEF

Honda Pilot gets a five-star safety rating
The National Highway Traffic Safety Administration (NHTSA) has given Honda's mid-sized SUV its highest overall vehicle score.

The award follows a similar five-star rating from NCAP in the U.S. and an equally important Top Safety Pick+ rating from the Insurance Institute for Highway Safety (IIHS), when the car is specified with optional crash prevention equipment. AFP

Mazda MX-5 scoops Japan car of the year award
The sixth-generation Miata MX-5 roadster has been honored with the Japan Automotive Hall of Fame's (JAHF) top annual accolade.

The JAHF's judges said that the MX-5 won car of the year because of its sophistication and for its fuel efficiency as much as for its handling and driver involvement.

Since its launch in 1989, the convertible has managed to sell 500,000 examples despite being in a very competitive niche. AFP

Get an electronics scan of used Volt

USED VEHICLE

Buy 2011-15 models worry-free after tests

The range-extended Chevrolet Volt EV hit the Canadian marketplace for model year 2011 with a unique Voltec propulsion system, allowing the electrically-driven five-door to recharge its batteries via a gasoline "range extender" when an initial charge, gained from plugging the vehicle into an outlet, is depleted.

The average shopper can consider the Volt to be an electric car, but with gasoline backup to avoid range limitations. If your commute is less than 80 kilometres a day, and you plug your Volt in at work, you'd virtually never use any gasoline.

All models were four-door, front-wheel drive, and feature content included available BOSE audio, navigation, Bluetooth, automatic climate control and OnStar.

The test drive

Buying a used model without a full inspection at a Chevrolet dealer is strictly advised against. You'll want a Volt-trained technician to perform a full, on-the-hoist inspection, as well as an electronics systems scan, which can reveal issues with many components, including the battery.

Inspect the condition of the pricey-to-replace charger and cord assembly for signs of damage, which could pose a safety issue. Try the charge door, confirming it opens and closes properly, as owners have reported numerous issues with the door getting stuck or failing to open.

Once you've confirmed that the Volt's stereo and climate control system are both in working order, turn them off and drive the car with light, moderate and full throttle and in both Drive and Low gearing ranges, with your ears open. A high-pitched or notably loud whining sound, which some owners say reminds them of a band saw, could be an issue with a bearing in the driveline.

Confirm proper operation of the AC system throughout your test drive, and if it doesn't work as expected, have a dealer investigate. Note that a clogged cabin air filter can slash the effectiveness of the AC system, too.

It's worth noting that with both a lengthy battery warranty, and advanced battery controls, the issue of battery failure is virtually non-existent. At the time of writing, virtually no owner-reported issues with battery failure were discovered. JUSTIN PRITCHARD

COURTESY GM

Engines

All models get a 16-kilowatt battery pack and electric motor drive unit, as well as a 1.4-litre gasoline engine. A one-speed direct drive transmission sent 273 lb-ft of torque to the front wheels.

What owners like

Owner reviews typically see positive feedback on the extended driving range, conventional-car driving feel, slick and unique styling, a modern and upscale interior, and overall comfort in seating and ride quality. Noiseless cruising in EV mode, and the robust low-end torque, are also highly appreciated.

What owners dislike

Common gripes include some easily-scuffed interior plastics, a relatively small cargo hold given the Volt's overall size, and a heavy feel to the car when driving around corners.

The verdict

Overall, most owners say the Volt is the most reliable car they've ever owned, reporting few if any issues. Shoppers set on the Volt are advised to invest in any extra warranty coverage available for maximum peace of mind, and to buy confidently after attaining a thumbs-up from a Chevrolet dealership.

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metro SPORTS

Blackhawks right-winger Patrick Kane was named the NHL's first star of November with 23 points in 13 games

Discipline lacking down on the Senators' farm

THE HOCKEY NEWS
Murray Pam
FOR METRO

Returning home after winning two of three on the road, the Senators find themselves with the upper hand in the early season battle for a playoff berth.

Through Monday the club held down second-place in the Atlantic Division in what's fast-becoming one of the league's most competitive races.

While the Senators are enjoying their lofty standing at the NHL level, the same can't be said for their minor-league counterpart.

The Binghamton Senators are dead-last in the American Hockey League's Eastern Conference with a 5-12-2 record.

What's going wrong for coach Luke Richardson's squad?

On-ice discipline is a key factor. Seven players have already been pinched for over 30 penalty minutes each in only 19 games. Off-season free agent signees Zack Stortini and Mark Fraser have 64 and 62, respectively, for the AHL's most-penalized squad.

Also, a league-worst penalty kill isn't doing the club any favours. Conversely, the power play has the fewest attempts league-wide, a recipe for disaster.

Though, the parent Senators are satisfied with the contributions of rookies Shane Prince and Chris Wideman, the pair are definitely missed in Binghamton. The team averages a tad under three goals scored per game. Prince notched 28 last season, while Wideman tallied 61 points en route to winning the Eddie Shore Award as the loop's top defenceman.

5-12-2

The Binghamton Senators' record through their first 19 games

Highly touted Nick Paul has excelled at every level. However, after 18 games Paul is yet to tally his first professional marker.

Netting three goals and 11 points, freshman Tobias Lindberg has fared slightly better, but the former Oshawa General has been a healthy scratch on two occasions for indifferent play.

Matt O'Connor's netminding is also of topic of concern. The Toronto native was outstanding during the preseason and acquitted himself well in his one NHL start. However, O'Connor is floundering at the AHL level — winless in nine games with a lowly .863 save percentage.

Goaltender Matt O'Connor, pictured playing for the Senators on Oct. 11, has hit a rut playing for the farm team in Binghamton. MINAS PANAGIOTAKIS/GETTY IMAGES

Senators goalie coach Rick Wamsley has been working closely with O'Connor of late. The organization is hoping that it's only a blip in his development.

It's not all gloom and doom on the farm. Forwards Ryan Dzingel, Eric O'Dell and Cole Schneider are performing above expectations. All are recall candidates this season.

Recently demoted Matt Puempel has re-ignited his scoring touch with three points in four games since his return to the B-Sens.

A silver-lining if there is one to a disappointing campaign is; Senators GM Bryan Murray will get to see how his prospects deal with adversity.

MLB

Price set to join BoSox: Report

It looks like David Price won't be back with the Toronto Blue Jays next season.

The Boston Globe is reporting that Price has agreed to a seven-year deal with the Red Sox worth a whopping $217 million US.

David Price GETTY IMAGES

Price was acquired by the Blue Jays near the trade deadline last season in a deal with the Detroit Tigers.

He was excellent down the stretch and helped Toronto end its 22-year playoff drought.

Price went 18-5 with a 2.45 earned-run average last season for the Blue Jays and Tigers.

He finished second in the voting for the American League Cy Young Award behind Houston's Dallas Keuchel. He had won the award in 2012 while with the Tampa Bay Rays. THE CANADIAN PRESS

9

In 11 regular-season starts with the Blue Jays, Price won nine games and was tagged with just one loss.

CFL

Redblacks intent on returning stronger after Grey Cup loss

Redblacks quarterback Henry Burris leaves TD Place after clearing out his locker Tuesday. PATRICK DOYLE/THE CANADIAN PRESS

The Ottawa Redblacks were still feeling the sting of losing the Grey Cup in just their second season, but as players prepared to go their separate ways there was talk of using the loss as motivation to come back even stronger next year.

"Yes, everybody is a little bit disappointed right now, but we'll get over it and you've got to come back hungry and ready to go," said head coach Rick Campbell. "We set the bar higher around here, which is a good thing, and you've got to keep that hunger going into next year."

> **"You saw how he finished this year, he sure looks like a guy that's not slowing down.**
> Head coach Rick Campbell on QB Henry Burris

After going 2-16 in their inaugural season the Redblacks stunned many this past year going 12-6 to finish first in the East Division. They advanced to Sunday's Grey Cup where they lost 26-20 to the Edmonton Eskimos.

To see it all come to an end in a game that was theirs for the taking left many players feeling wounded both emotionally and physically.

"This one's going to hurt for a long time," said veteran quarterback Henry Burris. "You go through so much just to try to build something special to get yourself into the big game and now you've got to go back through the entire journey and it's one of those things where you're never guaranteed another opportunity."

The 40-year-old Burris has one year remaining on his contract, but says ideally he would like to play for at least two more seasons. The Redblacks are hoping to host the Grey Cup in 2017 as part of Canada's 150th anniversary and Burris wants to help the Redblacks be part of that game.

Redblacks general manager Marcel Desjardins says at this point he prefers to take things one year at a time regarding Burris's future, but it's clear the team has full confidence in him for next year. THE CANADIAN PRESS

NFL IN BRIEF

Steelers QB Roethlisberger benched by Tomlin while under concussion protocol

Ben Roethlisberger says he had a migraine. Mike Tomlin says the Pittsburgh Steelers quarterback has a concussion.

Either way, Roethlisberger will remain under the concussion protocol this week as the Steelers prepare to face Indianapolis. Roethlisberger left Sunday's loss to Seattle in the fourth quarter after self-reporting a potential concussion.

THE ASSOCIATED PRESS

Browns QB McCown injured and out for season

Browns starting quarterback Josh McCown is done for the season after breaking his collarbone in Monday's loss to Baltimore.

Coach Mike Pettine said McCown will not need surgery, but described his injury as "the worst-possible scenario." Austin Davis came in for McCown and threw a game-tying touchdown pass. Pettine could also go back to Johnny Manziel, who was recently benched. THE ASSOCIATED PRESS

Patriots' Gronkowski bruises bone, sprains knee

Rob Gronkowski suffered a bone bruise and sprain of his right knee during the New England Patriots' 30-24 overtime loss to the Denver Broncos on Sunday.

Rob Gronkowski GETTY IMAGES

The tight end will be evaluated on a weekly basis and there is no timetable for his return. "During Sunday night's game, Rob Gronkowski sustained a bone bruise/sprain of his right knee," the Patriots said in a statement.

THE ASSOCIATED PRESS

Marner managing pressure while keeping eye on prize

HOCKEY

Leafs prospect key for Canada as juniors bid to grab gold

Mitch Marner knows what's expected of him and his teammates on Canada's world junior team.

Marner and Dylan Strome were two of the biggest names on Hockey Canada's 30-man selection camp roster announced on Tuesday. The two NHL draft picks will be counted on to lead Canada's forwards to back-to-back world junior championships.

"I think that however they finish there's always pressure on the next team to go up and do better," said Marner while wearing a Team Canada jersey shortly after the announcement. "Our goal is obviously to go in and try and win a gold medal. So that's what we're going to do."

Marner was selected fourth overall by the Toronto Maple Leafs in June, but was returned to the Ontario Hockey League's London Knights after NHL training camp. Strome was taken third overall by the Arizona Coyotes and was also sent back to play junior with the OHL's Erie Otters.

The pair are tied for fourth in the OHL with 47 points after 22 games. Marner has 15 goals and 32 assists while Strome has 14 goals and 33 assists.

"They're certainly among the elite players on this team and yet it's not going to be those two guys that win us a gold medal, it's going to be all 22 players," said Ryan Jankowski, the team's director of player personnel. "I think their roles are going to be important on this team."

Hockey Canada will hold a four-day selection camp Dec. 10-13 in Toronto that will include two exhibition games against an all-star team from Canadian universities.

47

Number of points Mitch Marner and Dylan Strome have in the OHL this season. Both are tied for 4th in the league's scoring charts.

The 30-man roster will be whittled down to 22 before Canada's first game in Helsinki, Finland, on Dec. 26. It's expected that Canada will have 13 forwards, seven defencemen and goaltenders Mackenzie Blackwood (Barrie Colts, OHL) and Mason McDonald (Charlottetown Islanders, QMJHL) for the holiday tournament.

"Growing up as a kid it's everyone's dream to be named to the world junior," said Marner. "It should be a lot of fun going to camp and trying hard to make the team."

Lawson Crouse, Joe Hicketts and Brayden Point will all return from Canada's gold-medal winning team in 2015, but the team's front office would like to see more familiar faces including NHLers like Robby Fabbri of the St. Louis Blues, as well as Jake Virtanen and Jared McCann of the Vancouver Canucks.

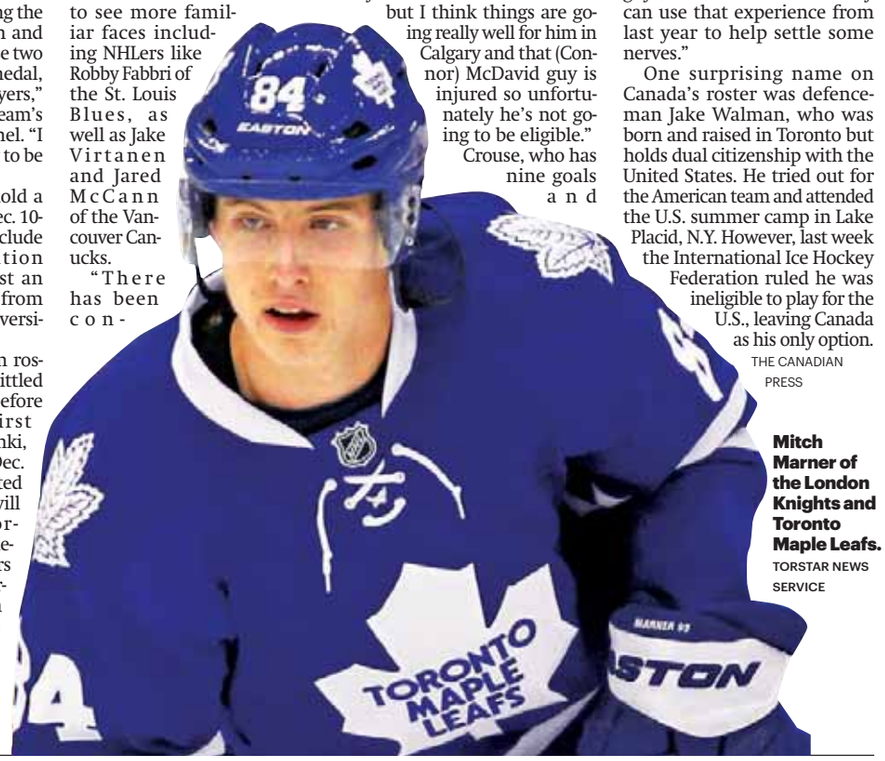
"There has been connections made with those NHL teams and we're in a wait-and-see process with them," said Jankowski, who added that Canada would finalize its team on Dec. 19 at midnight when the NHL freezes its rosters for the holidays. "We'd love Sam Bennett but I think things are going really well for him in Calgary and that (Connor) McDavid guy is injured so unfortunately he's not going to be eligible."

Crouse, who has nine goals and 11 assists in 18 games with the OHL's Kingston Frontenacs this season, was pleased to be returning to Canada and assuming more of a leadership role.

"Just from my experience last year I can kind of mentor these guys," said Crouse. "I obviously can use that experience from last year to help settle some nerves."

One surprising name on Canada's roster was defenceman Jake Walman, who was born and raised in Toronto but holds dual citizenship with the United States. He tried out for the American team and attended the U.S. summer camp in Lake Placid, N.Y. However, last week the International Ice Hockey Federation ruled he was ineligible to play for the U.S., leaving Canada as his only option.

THE CANADIAN PRESS



Mitch Marner of the London Knights and Toronto Maple Leafs. TORSTAR NEWS SERVICE

GOLF

Spurred on by his daughters, Weir is on comeback trail

Motivated by his daughters and fresh off a break from golf, Mike Weir is ready to start his comeback. The Canadian golfer will play his first tournament since taking a months-long hiatus when he tees off at the AT&T Pebble Beach Pro-Am in February. He must make a certain amount of money within the first eight events of the 2015 season to hold on to his PGA Tour playing privileges.

After withdrawing from the John Deere Classic in July, the native of Bright's Grove, Ont., said he was going to be taking an "indefinite leave of absence from golf."

Once the No. 3 golfer in the world, Weir slid down to 620th. He was divorced last December, and, after fighting a myriad of injuries, the eight-time PGA Tour champion and 2003 Masters winner decided enough was enough. He needed a reset.

Weir admitted he didn't swing a club for seven weeks after his announcement. He enjoyed spending time with his daughters, 17-year-old Elle and 15-year-old Lili and all the while they kept him motivated.

"We talk all the time when I get home. They're asking how my practice is going and they can see how things are coming along, and see how I'm excited," Weir said. "They definitely want me to go out there and do well."

THE CANADIAN PRESS

Mike Weir GETTY IMAGES

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RECIPE Ginger Pork Noodles

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Switch up your usual pasta dinner with this light and zingy recipe.

Ready in
Prep time: 20 minutes
Serves 4

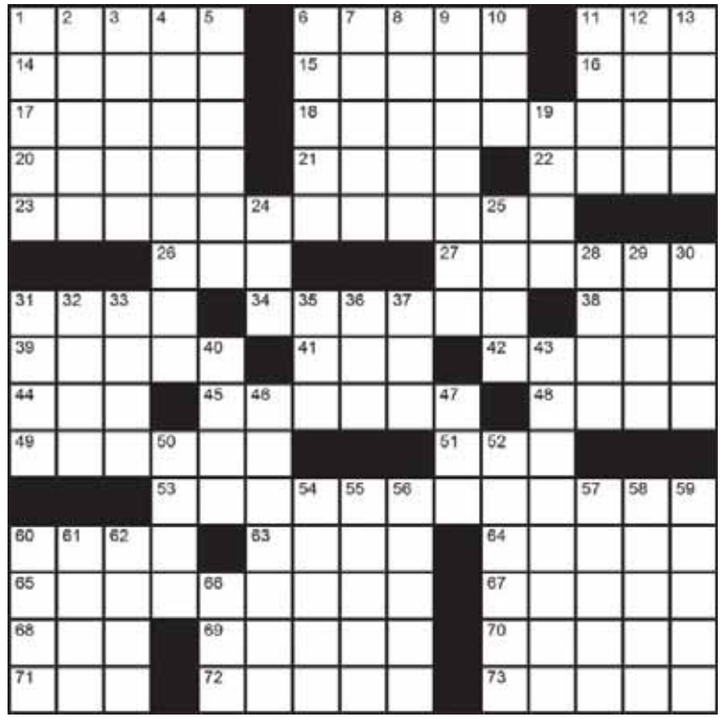
Ingredients
- 500g minced pork
- 2 Tbsps olive oil
- 2 Tbsps chopped spring onions
- 1 onion, chopped
- 1 cup sugar snap peas (or any crunchy green vegetable)
- 1/2 cup of chopped mushrooms
- 8 cloves garlic, chopped or crushed
- 2 Tbsps ginger, minced
- 2 1/2 cups chicken stock
- 2 or 3 green onions, thinly sliced
- 1 Tbsp fresh cilantro
- Salt and pepper to taste
- 250g rigatoni pasta

Directions
1. Prepare pasta according to package instructions.
2. Heat olive oil in a wok or deep frying pan. Soften onion for 3 minutes. Add mushrooms and cook for three minutes then add the pork.
3. Once pork is no longer pink, add garlic and ginger and simmer for another 3 minutes. Season with salt and pepper to taste. Add sugar snap peas. Combine and then pour stock over pork mixture. There should be enough stock covering the meat and vegetables so that it is soupy. Add chopped spring/green onion and stir until blended.
4. Ladle over the noodles and garnish with cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Change with the times
6. "Will & _"
11. Sneeze starters...
14. Prefix to 'dermabrasion' (Spa service)
15. Revolving mechanism
16. Cacharel perfume
17. Andes people in history
18. Ancient Greek Mythology: Commander in the Trojan†War
20. Draped dresses
21. "_ Fiction" (1994)
22. "_!... I Did It Again" by Britney Spears
23. Song written by Burton Cummings that goes "Maybe I'll be there to shake your hand...": 3 wds.
26. 'Glycer' suffix
27. Donald Sutherland's other actor son
31. Chill
34. Montreal Canadiens legendary goaltender Ken
38. Pressure meas.
39. Tobias _ Jr. (Canadian musician who co-wrote "When We Were Young" with Adele)
41. Mr. Fleming
42. Being beholden
44. Ms. Ortiz of "Ugly Betty"
45. Actress, Nicole _
48. Adam & The _
49. Cites
51. 'Delic' suffix
53. Cape Breton Island community mentioned in Canadian folk tune "Song for the Mira": 2 wds.
60. Beach torch
63. Play's beginning, _ _
64. NBC soap, "Days _ _ Lives"
65. Active
67. Hair products brand
68. Justin, to Margaret
69. _ toys
70. Ms. Carter of '80s sitcom "Gimme a Break!", and namesakes
71. Wile E. Coyote's blaster
72. "Steady _ _ goes!"
73. TV wife of Steven Keaton

DOWN
1. Awry
2. Singer Ms. Washington
3. Capital of Ghana
4. Manitoba's locale, with The
5. _ salad
6. _ paper (Light blue boxes purchase)
7. Varlet
8. "Any Time _ _" by The Beatles
9. Liken
10. William Shakespeare's 'earlier'
11. Year, fancy-style
12. Target in basketball
13. Lacking
19. London's hip '60s youths
24. Mr. McGinley
25. Faux pas
28. Twirl
29. Not is
30. Dates' friends in the Produce Dept.
31. Opened slightly
32. Trait carrier
33. Thunderbirds org.
35. Clear
36. Root vegetable
37. Scientific ID
40. Gumbo ingredient
43. "The _ _ _": Gordon Lightfoot song that mentions a Robin and a Nest
46. Belonging to Jerusalem's country
47. Catch
50. Mideast chieftain, variantly
52. Tom Hanks/Julia Roberts flick, "Larry _" (2011)
54. Rhythmical stress
55. Range in Quebec, _ Mountains
56. Carved out spot
57. Country star Ms. Parton
58. Some birds
59. Record over
60. Check
61. Barge _ _ (Intrude)
62. Superman's surname
66. Student's 4.0, e.g.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
In ending a feud don't give too much away. If you compromise you must do so from a position of strength. If you give in too easily your rivals may take it as a sign of weakness.

Taurus April 21 - May 21
You can't put a foot wrong, but if you are smart you will look ahead. Lady Luck is on your side — make the most of it but don't exhaust yourself.

Gemini May 22 - June 21
You don't seem to be short of admirers but don't let it go to your head. Also, watch out it does not affect your health. If you accept each and every social invitation that comes your way you will exhaust yourself before the end of the week.

Cancer June 22 - July 23
Don't take what others tell you too seriously. It could be their comments are genuine but it is just as likely they are saying what they think you would like to hear. You don't need flattery — you know how amazing you are.

Leo July 24 - Aug. 23
If you're bored with your social scene then do something about it. There's a party going on somewhere, make an effort and you can find it. Failing that, throw a party of your own.

Virgo Aug. 24 - Sept. 23
You cannot see the whole picture concerning a money matter. You may be tempted to take the kind of risk you would usually avoid — it is not a good idea.

Libra Sept. 24 - Oct. 23
With Venus and Mars, the relationship planets, moving through your sign you must let those you care for know how much they mean to you. Do it now because Venus leaves your sign at the weekend.

Scorpio Oct. 24 - Nov. 22
Others can cut corners but you must continue to play by the rules. Don't worry if your rivals pull ahead because their underhand methods will come back to haunt them.

Sagittarius Nov. 23 - Dec. 21
The planets indicate there is much you can accomplish but it is unlikely you will get far on your own. Put aside your differences and focus on shared aims and ambitions.

Capricorn Dec. 22 - Jan. 20
Some individuals are so full of their own importance that they think they can do or say anything and get away with it, but you know better. They will pay for their arrogance one day.

Aquarius Jan. 21 - Feb. 19
Keep your ideas to yourself. If you let slip what you are planning you may lose out in a big way. You may be friendly by nature but in some situations it can be your undoing.

Pisces Feb. 20 - March 20
It may seem as if certain factors are working against but there is no need to panic. The planets are making some situations seem tougher than they really are, so hang on in there — your luck will change soon.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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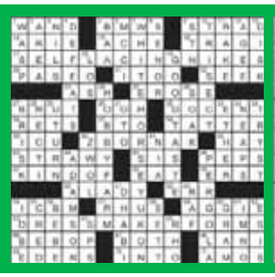

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